

School Values

Respect
Resilience
Strive for
Excellence

Principal: Emma Hampton
Assistant Principal Health & Wellbeing: Reachel Armstrong
Assistant Principal Curriculum: Jessica Darcy
School Council President: Scott Hanson

**School Purpose**

To provide an engaging, friendly, safe and supportive environment that enhances learning, personal growth and well-being of all students, enabling them to become lifelong learners.

DATES TO REMEMBER

26th May - National Sorry Day
 8th June - King's Birthday Public Holiday
 9th June - Curriculum Day - No school for students
 11th & 12th June - 5/6 Winter Sports
 18th June - Hot Lunch Fundraiser

Principal's Report

Dear Parents and Guardians,

Welcome to our 6th newsletter. We have been very lucky with the weather for this time of year which has given everyone a little spring in their step. We are very proud of our student's willingness to try new things this term. They are always keen to give something a go!

A very big thank you to all our mums, grandmas, nonna's and special visitors who came to our Mother's Day open morning last Friday. It was lovely to see our classrooms full of activity and excitement. Also, a big thank you Melinda for spending some time here putting our Mother's Day Raffles together.

This week, our students in Grade Prep & One/Two are starting their termly visits to our Stephanie Alexander Kitchen. Each term we invite them in for a lesson to build familiarity with the kitchen and prepare them for when they are in Grade 3 and start regular sessions. It is also to help with the excitement of what happens in the kitchen! This week, 1/2B visited the kitchen. They made bread rolls and did some planting in the garden. If you are a parent of a child in Prep, Grade One or Two, please make sure you ask about their visit to the kitchen!

Thank you to the families who completed our survey on our fundraiser for this term. Majority of the votes were for Tony's Pies. We were unable to get a date of delivery for this term, so we have made the decision to open orders with a deliver date of Thursday 13th August. All orders need to be completed by Monday 10th August. We had lots of positive feedback last time we used Tony's Pies for fundraising. You can purchase full size pies or small pies both savoury and sweet!

Our visit from the School Dental van has been happening this week. It was great to see families making the most of this opportunity. We had many excited students when they got to walk up the steps and see inside the van.

Please make sure you are booking appointments via Compass for our Parent Teacher Interviews happening on Tuesday 23rd June. This is a great opportunity to get an academic update from our teachers on the progress your child/ren are making. If you need assistance to make a booking, please call the office and have a chat with Sam.

Have a great weekend,
 With thanks

Emma Hampton

Creating an Environment that Encourages Tolerance in Children

Teaching our children how to be tolerant of each other is crucial to their development. Tolerance is the ability to understand and accept differences in others such as race, ethnicity, religion, gender, or interests. Developing this skill promotes harmonious relationships but also lays the foundation for a more inclusive and understanding society.

The following strategies are effective ways to help children develop tolerance:

Lead by Example: Parents, caregivers and educators play a pivotal role in shaping a child's perspective of diversity. Research shows that children are more likely to develop tolerant attitudes when they are exposed to consistent positive modelling from the adults around them.

Encourage Open Communication: Create an environment where children feel comfortable discussing differences and asking questions. Encourage open and honest communication about diversity. Gently correct children when they make insensitive comments, explaining why certain words are harmful and guide children towards better alternatives.

Promote Inclusion in Play: Encourage children to play with a wide variety of peers, including those from different ethnicities, genders or abilities. When children notice differences, help them find commonalities to create a sense of connection, such as shared interests or emotions.

Miss Armstrong

Dogs On School Grounds

We kindly ask all members of our community to ensure that dogs are always kept on a lead and accompanied by an adult when around the school grounds before and after school.

While many students enjoy seeing dogs, we also have a number of children who can feel anxious or frightened around them. Students often feel much more comfortable and safe when dogs are calm, closely supervised, and being led by an adult.

We also encourage students to remember the following safety tips when around dogs:

- Always ask the owner for permission before approaching or patting a dog
- Approach dogs calmly and quietly
- Avoid running towards dogs or making loud noises near them
- Respect a dog's space if it appears nervous, excited or unsettled



If you would like further information, please view our Dogs at School Policy found on our website.

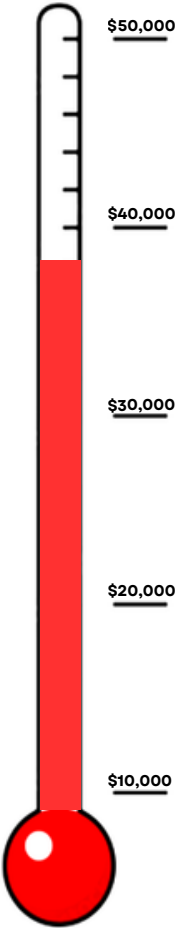
Thank you for your understanding and cooperation.

Miss Darcy



TERM 2

FUNDRAISING



SWEENEY

Coming up...

- Hot lunch fundraiser
- Tony's Pies

With this years fundraising efforts in combination with last years fundraising efforts we are hoping to resurface the 3-6 playground.



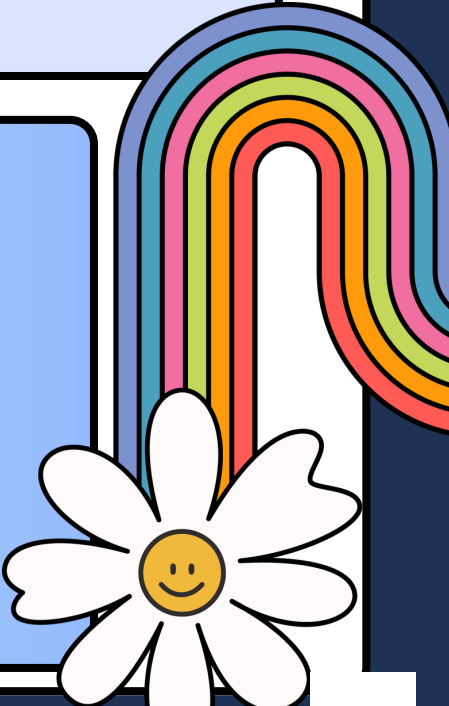
We have organised with Tony's Pies of Essendon to conduct a Pie Drive. Tony's Pies will supply us with a range of their freshly baked pies, pasties, quiches and sausage rolls on Thursday, 13 August 2026. All the products will be freshly baked and will be suitable to go straight into the freezer if you wish. So order up BIG. Remember, the more you order the more we make.



<https://tonyspiedrives.com.au/fundraiser/altona-meadows-primary-school>

Funds raised so far...

- Movie Night Fundraiser \$2102.00
- Movie Night Raffle \$605.00
- Dominos Hot Lunch \$458.00
- Easter Raffle \$555.00
- Mother's Day Stall \$ TBA
- Mother's Day Raffle \$ TBA





TERM 2

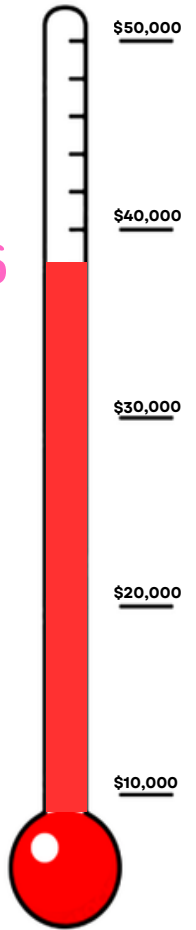
FUNDRAISING

Mother's Day Raffle



Congratulations to our Mother's Day Raffle winners!

- Abigail T
- Estella S
- Elle J
- Basel N
- Ava C



Thank you

To our amazing Volunteers & Families that donated prizes for the Mother's Day Raffle.



HAPPY Mother's DAY



MOTHER'S DAY OPEN MORNING



Happy Mother's Day
AMPS FAMILY 🧡💛

DISTRICT CROSS COUNTRY MEET

On Friday the 1st of May, 27 students from Years 3 to 6 represented AMPS at the District Cross Country meet held at Queen of Peace Parish Primary. Students in Years 3/4 ran a distance of 2km, where the Grade 5/6 students ran 3km.

All students ran really hard, cheered on their teammates and did us all proud. We had 7 students qualify for the Division round which is held at Werribee Racecourse on Thursday the 28th of May (Week 6):



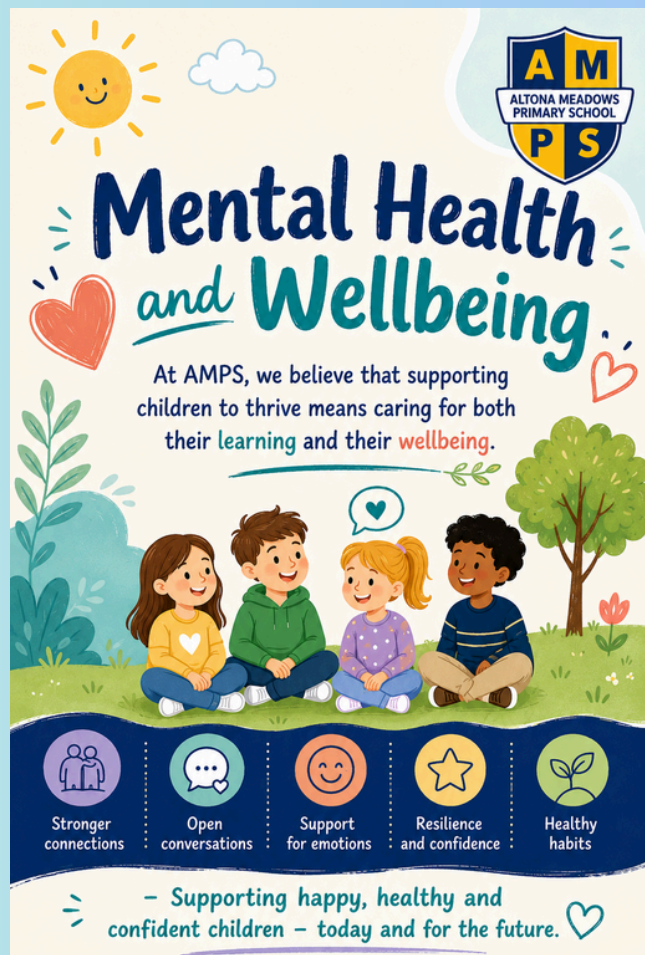
- Kalina M
- Oscar S
- Rosie A
- Imogen R
- Ileara M
- Sydney R
- Rose T
- Estella S



Kalina finished third in her age group receiving a medallion for her achievement. Estella finished 11th meaning she just missed out on qualifying for Divisions, but is in place as an Emergency & training with the team.



Mr. P (Purcell).



Mental Health and Wellbeing

At AMPS, we believe that supporting children to thrive means caring for both their learning and their wellbeing.

- Stronger connections
- Open conversations
- Support for emotions
- Resilience and confidence
- Healthy habits

- Supporting happy, healthy and confident children - today and for the future.

Mental Health and Wellbeing

At AMPS, we believe that supporting children to thrive means caring for both their **learning** and their **wellbeing**.



What is Mental Health?



Mental health refers to how we think, feel and cope with life's challenges. It influences how we handle stress, build relationships and make decisions. Just like physical health, our mental health can change over time and needs regular care and attention.



What is Wellbeing?



Wellbeing is a broader concept. It includes mental health, but also how safe, happy, connected and supported we feel in our daily lives. A child with positive wellbeing feels a sense of belonging, has positive relationships, and is able to engage in learning and play.



Why is looking after mental health important?



- Children are more ready to learn and engage at school.
- They are better able to manage emotions and cope with challenges.
- Relationships with peers, family and teachers are stronger.
- Confidence, resilience and independence grow.



Tips to support your child's Mental Health

1. Create strong connections

Spend regular quality time together. Listening, playing and talking helps children feel valued and safe.

2. Encourage open conversations

Let your child know it's okay to talk about their feelings. Ask open-ended questions like:

"What was the best part of your day?"

"Was anything tricky today?"

3. Help them name and understand emotions

Support your child to recognise feelings such as happiness, frustration, worry or excitement.

4. Build routines

Consistent routines around sleep, meals and school help children feel secure and regulated.

5. Encourage problem-solving and resilience

Guide children to think through challenges rather than solving everything for them.

This builds confidence and independence.

6. Promote healthy habits

Regular sleep

Balanced nutrition

Physical activity

Time outdoors

Limiting screen time



Community NEWS



THE MOVEMENT GALLERY

BALLET
LYRICAL
TAP
JAZZ
HIP HOP
MUSICAL THEATRE

info.themovementgallery@gmail.com
www.themovementgallery.com.au
@themovementgalleryaus
0402 699 444

FREE TRIAL

SHOTOKAN KARATE AUSTRALIA

WHY TRAIN WITH US?

- Build confidence & self-discipline
- Improve focus & respect
- Learn practical self-defence
- Boost fitness & coordination
- Friendly, supportive environment
- Ages 5+ | All skill levels welcome

TUESDAY & THURSDAYS:

TIGERS (AGES 5-8*) - 5:30-6:00PM.
JUNIORS (AGES 9-14*) - 6:00-7:00PM
ADULTS (15+*) - 7:00-8:00PM

*SENSEI'S DISCRETION APPLIES

LIMITED OFFER

FREE Trial Class
+
FREE Uniform (\$80 Value)

MORE INFORMATION:

Call or Text: 0409 181 227

shotokarate@dodo.com.au

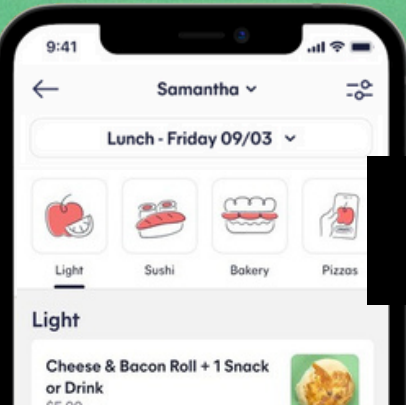
Follow Us!

SOME PRODUCTS LIKE SUSHI NEED TO BE ORDERED THE DAY BEFORE DELIVERY

TK TUCKSHOP

TERM 2

TUESDAYS AND FRIDAYS



ORDER BY 8AM ON THE DAY USING THE SPRIGGY SCHOOLS APP

DOWNLOAD OUR APP



~ CANTEEN MENU ~



ICY POLES

FROSTY FRUITS	\$1.50
ZOOPER DOOPER	50c
CALIPPO	\$2.00
LIFE SAVER	\$2.00
CYCLONE	\$2.00
ICY POLE	\$1.00



SNACK

POTATO CHIPS	\$1.00
KILBER PYTHON	50c
FREDDO FROGS	50c
COOKIES	\$2.00



Choose a Main Course item, then select 1 or 2 items from the Snack/Drink Menu to make up a 2 or 3 Course Lunch Pack

Main Course Menu

BAKERY - All items freshly baked this morning!

	2 Course	3 Course
Cheese & Vegemite Scroll (V)	\$6.45	\$9.15
Savoury Bite 'Little Frank' Roll	\$6.45	\$9.15
Topped with Only Cheese Roll (V)	\$6.45	\$9.15
Cheese & Bacon Roll	\$7.45	\$10.15
Scroll with Ham & Cheese	\$9.95	\$12.65
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65

PIZZA / SAUSAGE ROLLS / GOZLEME / PASTIZZI / QUESADILLA /

PASTIES - SERVED AT ROOM TEMPERATURE!

Ricotta & Spinach Pastizzi (2) (V)	\$8.95	\$11.65
Margherita Pizza TWIST(V)	\$9.95	\$12.65
Sausage Roll with Sauce	\$9.95	\$12.65
Margherita PITA Pizza (V)	\$9.95	\$12.65
Quesadilla (Chicken) served with Sour Cream (H)	\$10.95	\$13.65
Ham & Pineapple Pizza Slice	\$10.95	\$13.65
BBQ Chicken Pizza (H)	\$10.95	\$13.65
Pepperoni Pizza (H)	\$10.95	\$13.65
Vegetable Pastie with Tomato Sauce (H, V)	\$12.75	\$15.45
Lamb & Beef Gozleme (H)	\$13.45	\$16.15
Mushroom & Spinach Gozleme (Vg)	\$13.45	\$16.15
Spinach & Cheese Gozleme (V)	\$13.45	\$16.15

SUSHI HAND ROLLS (2pc) -Soy Sauce (GF) Provided

Teriyaki Chicken Hand Rolls (H)	\$12.45	\$15.15
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$12.45	\$15.15
Cooked Tuna Hand Rolls (GF)	\$12.45	\$15.15
Avocado Hand Rolls (GF, Vg)	\$12.45	\$15.15
Cucumber Hand Rolls (GF, Vg)	\$12.45	\$15.15
Vegetarian Hand Rolls (GF, Vg)	\$12.45	\$15.15
Tofu Hand Rolls (GF, V)	\$12.45	\$15.15

RICE PAPER ROLLS (2pc) - (Wednesday, Thursday & Friday only)

Chicken Rice Paper Rolls (GF, H)	\$13.45	\$16.15
Prawn Rice Paper Rolls (GF, H)	\$13.45	\$16.15
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$16.15

SANDWICHES / ROLLS / WRAPS

Strawberry Jam Sandwich (1.5) (Vg)	\$7.45	\$10.15
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.65
Plain Cheese Sandwich (2) (V)	\$9.95	\$12.65
Simple Salad Roll (Vg)	\$9.95	\$12.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Cheese & Salad Roll (V)	\$11.50	\$14.20
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$14.20
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$14.20
Chicken, Mayonnaise & Salad Roll (H)	\$12.75	\$15.45
Mexi Style WRAP w. Chicken, Salsa, Cheese, Salad, Corn Chips(H)	\$12.75	\$15.45

SALADS / PICNIC BOXES / POKE BOWLS

Fresh Fruit Salad -Main Course Size (GF, Vg)	\$11.50	\$14.20
Ham Picnic Box (GF)	\$11.50	\$14.20
Vegetarian Picnic Box (GF, V)	\$11.50	\$14.20
Greek Style Salad with Feta & Olives (GF, V)	\$12.75	\$15.45
Tortellini Pasta Salad (V) (Wednesday, Thursday & Friday only)	\$12.75	\$15.45
Poke Bowl with Teriyaki Chicken (H)	\$13.45	\$16.15

GF SANDWICHES

GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
GF Chicken (with Mayo) & Cucumber Sandwich (1.5)	\$10.95	\$13.65

Snack/Drink Menu

FRESH FRUIT & VEGETABLES

Apple pieces, Lemon juice, Cinnamon & Brown Sugar	+\$1.00
Fresh Fruit Combo	+\$1.00
Freshly Chopped Orange Segments	Included
Freshly Chopped Watermelon Pieces	Included
Whole Fruit -Apple	Included
Whole Fruit -Banana	Included
Bag of Grapes	Included
Carrot, Cucumber, Red & Yellow Capsicum	Included
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Included
Corn Wheels & Lightly Steamed Broccoli	Included
Edamame (Lightly Salted)	Included

BAKERY - SWEET

ANZAC Biscuit	Included
Choc Chip Cookie	Included
Cinnamon Doughnut	Included
Cornflake Cookie	Included
Finger Bun with Sprinkles	Included
"Not Cross" Bun	Included
Lamington	Included
Blueberry Muffin	+\$1.00
Carrot Cup Cake (GF/DF/Vg)	+\$1.00
Choc Cup Cake (GF/DF/Vg)	+\$1.00
Jam Drop Biscuit (GF)	+\$1.00
Passionfruit Melting Moment Biscuit	+\$1.00
Yo Yo Biscuit	+\$1.00

SUSHI

1pc Tuna Sushi (GF)	+\$1.00
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POPCORN / HARVEST SNAPS

Popcorn -Slightly Sweet, Lightly Salted	Included
Popcorn -Lightly Salted	Included
Harvest Snaps (GF/DF/Vg)	Included

DRIED FRUIT/LEGUMES

Lime & Black Pepper Chickpeas	Included
Roasted Chickpeas	+\$1.00
Balsamic & Sea Salt Fava Beans	
Dried Pineapple Pieces by "Peels"	

DIPS WITH MINI RICE CAKES / CORN CHIPS

Avocado Dip with Mini Rice Cakes	+\$1.00
Spicy Capsicum Dip with Mini Rice Cakes	+\$1.00
Spring Onion Dip with Mini Rice Cakes	+\$1.00
Tzatziki Dip with Mini Rice Cakes	+\$1.00
Corn Chips with Salsa (GF)	+\$1.00
Mango Chutney with Vege Chips (GF, Vg)	+\$1.00

YOGHURTS / BOWLS / CUPS

Raspberry Jelly Cup	Included
Strawberry Yoghurt (Dairy Farmers)	+\$1.00
Vanilla Yoghurt (Dairy Farmers)	+\$1.00
Stewed Rhubarb and Apple with Custard	+\$1.00

DRINKS

Apple Juice (Nippy's)	Included
Orange Juice (Nippy's)	Included
Chocolate Milk (Nippy's)	Included
Strawberry Milk (Nippy's)	Included
Full Cream Milk	Included



GF = Gluten Free, DF = Dairy Free, H = Halal, V = Vegetarian, Vg = Vegan

ORDER NOW

Descriptions, dietary and allergen information available on our website.

www.classroomcuisine.com.au

Term 2 Important Dates



23rd April - 5/6 Art Group Excursion



1st May - District Cross Country



5th May - School Photo Day



6th May - Mother's Day Stall



8th May - Mother's Day Open Morning



11th May - School Dental Van Starts



26th May - National Sorry Day



8th June - King's Birthday



9th June - Term 2 Curriculum Day



11th & 12th June - Winter Sports



18th June - Hot Lunch Fundraiser



23rd June - Parent Teacher Interviews
- 1pm Dismissal



26th June - Last Day of Term Two -
Students dismissed at 2:15pm

Term 3 Starts 13th July



Term 2 Assembly Schedule

1st May - Whole School (3/4B presenting)

15th May - Prep & 1/2 (1/2C presenting)

22nd May - 3/4 & 5/6 (3/4C presenting)

29th May - Whole School (1/2D presenting)

5th June - Prep & 1/2 (Prep presenting)

12th June - 3/4 & 5/6 (3/4D presenting)

19th June - Whole School Celebration Assembly

All assemblies will commence at 9:15am.
Weather will determine location choice of
Hall, Netball Court or Undercover area

